

Carla Allemann Coaching Privacy Policy

I respect your privacy. As a general policy, no personally identifiable information, such as your name, address, or e-mail address, is automatically collected from your visit to the Site. However, certain non-personal information is recorded by the standard operation of my internet servers. Information such as the type of browser being used, its operating system, and your IP address is gathered to enhance your online experience.

Personal Information: I use the personal information you give me to improve the content and quality of my website's services or to provide features that require that information to work. I will not share or sell your information to other organizations except under the following circumstances: a) I have your permission. b) The information is needed to provide products or services you requested. c) The information is needed to investigate a violation of our Terms of Service.

Disclosure of Personal Information: I may disclose user information in special cases when I have reason to believe that disclosing this information is necessary to identify, contact, or bring legal action against someone who may be causing injury to or interference (either intentionally or unintentionally) with my rights or property, other users of the site, or anyone else that could be harmed by such activities.

Mailing Lists: My mailing list, downloads, special offers, contests, registration forms, and surveys may request that you give me contact information such as your name, mailing and/or e-mail address, demographic information such as your age and gender, and personal preference information such as your interests. Information submitted at the time of submission will be used only as necessary for legitimate business interests, including, without limitation, the improvement of my products, services, and the content of the site. I may also share such information with my business and promotional partners to further those interests. Personally identifiable information is never sold or leased to any third party. I may use your contact information to send you information about my company and products. You may always opt out of receiving future mailings.

Credit Card Information: I do not store any credit card information I may receive regarding a specific transaction and/or billing arrangement except as necessary to complete and satisfy the rights and obligations about such transaction, billing arrangement, and/or as otherwise authorized by a user.

Children Age 13 and Under: I recognize the special obligation to protect personally identifiable information obtained from children age 13 and under. As such, if you are 13 years old or younger, I request that you not submit any personal information. If I discover that a child age 13 or younger has signed up on the site or provided me with personally identifiable information, I will delete that child's identifiable information from my records.

Use of Cookies: Cookies are pieces of information that a website transfers to an individual's computer hard drive for record-keeping purposes. Cookies make using my site easier for you

to use. Most browsers are initially set up to accept cookies. You can, however, reset your browser to refuse all cookies or indicate when a cookie is being sent. For instructions, please consult the technical information relevant to your browser. If you choose to disable your cookies setting or refuse to accept a cookie, some parts of the site may not function properly or may be considerably slower.

Malware/Spyware/Viruses: I will not knowingly permit the use of malware, spyware, viruses, and/or other similar types of software.

Links to External Sites: I am not responsible for the content or practices of third-party websites that may be linked to my site. I am also not responsible for any information that you might share with such linked websites. You should refer to each website's respective privacy policies and practices prior to disclosing any information.

Comments: Guests of my site are solely responsible for the content of messages they post in the comments. Users should be aware that when they voluntarily disclose personal information (e.g., username, e-mail address, phone number) in the comments, that information can be collected and used by others and may result in unsolicited messages from other people. You are responsible for the personal information you submit in these instances. Please take care when using these features.

Opt-Out: I may provide you with the opportunity to opt-in to receive communications from me after submitting your information on an opt-in form. You always have the option of removing your name from any e-mail list to discontinue any such future communications. To ensure immediate removal from any list, please follow the specific instructions set forth within the communications you receive that you no longer wish to receive.

Security: Security for all personally identifiable information is extremely important to me. Unfortunately, no data transmission over the internet can be guaranteed to be 100% secure. As a result, while I strive to protect your personal information, I cannot ensure or warrant the security of any information you transmit via the Internet. By transmitting any such information to me, you accept that you do so at your own risk.

Your Acceptance of These Terms: By using the site, you accept the policies and restrictions set forth in this Online Privacy Policy. If you do not agree to this policy, please do not use the site. This Online Privacy Policy may be revised by updating this post. You are bound by any such revisions and should, therefore, periodically visit this page to review the then-current Online Privacy Policy to which you are bound.